

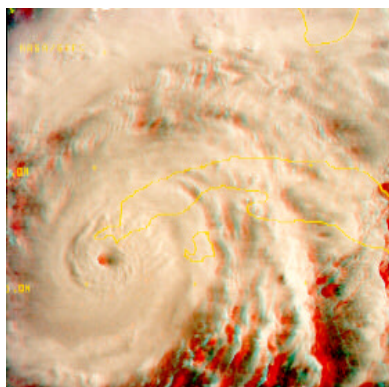
# MAY 1999

## 45 TH SPACE WING

### SUPER SAFETY & HEALTH DAY EDITION

### GROUND SAFETY NEWSLETTER

#### MOTHER NATURE



**4** **5 SW** and surrounding areas subject to severe weather in the form of tornadoes, hurricanes, lightning, and floods. In event of such natural disaster, be aware of the Alert Warning System signals. A 3-5 minute steady tone on the base/local sirens means a tornado warning; personnel must take immediate protective actions.

**TORNADOES** The most violent of all weather-related phenomena, tornadoes have whirling winds up to 300 miles per hour at their centers.

**\* TORNADO WATCH:** This means that weather conditions are favorable for tornadoes in your area. You should listen to local radio and television stations for information.

**\* TORNADO WARNING:** This means that a tornado or funnel cloud has actually been sighted or indicated by radar and may strike in the warning area. Take immediate steps to protect yourself.

**HURRICANES** (called typhoons in the Western Pacific) are tropical storms with winds above 74 miles per hour.

**\* HURRICANE WATCH:** This means that a hurricane may threaten coastal and inland areas, and hurricane conditions are a real possibility; it doesn't mean they're imminent. Listen to local radio or television stations for further information.

#### SAFETY & HEALTH



#### NASA/AIR FORCE SUPER SAFETY & HEALTH DAY COMING UP

Super Safety & Health Day will be held June 17. The theme for this year is : "Safety & Health, Go Hand in Hand". If you would like to ask the NASA/AF safety and health panel a question during the televised portion of Super Safety and Health Day, please forward your questions to the following address: 45 SW/SEG or e-mail address: manuel-rivera@pafb.af.mil.

For more information on NASA/AF Super Safety Day contact TSgt Rivera at 494-2202.

**REMEMBER SAFETY IS EVERYONE'S BUSINESS**

**HAVE A HAPPY AND SAFE SUMMER**

**MOTHER NATURE CONTINUES**

**\* HURRICANE WARNING:** A warning is issued in the area where a hurricane is expected to strike within 24 hours. When your area receives a hurricane warning, keep your radio and television on and listen for the latest Weather Service advisories and special instructions.

**\* HURRICANE CATEGORIES:** The National Oceanic and Atmospheric Administration use the Saffir-Simpson Hurricane Scale to rate hurricane severity. This scale has five categories, based on maximum sustained winds and storm surge.

**Category 1:** Least severe. Maximum sustained winds 74-95mph. Storm surge adds 4-5 feet of water.

**Category 2:** Maximum sustained winds 96-110mph. Storm surge adds 6-8 feet of water.

**Category 3:** Maximum sustained winds 110-130mph. Storm surge adds 9-12 feet of water.

**Category 4:** Maximum sustained winds 131-155mph. Storm surge adds 13-18 feet of water.

**Category 5:** Most severe. Maximum sustained winds exceeding 156mph. Storm surge adds more than 18 feet of water.

**Storm surge:** A storm surge is a large dome of water often 50-100 miles wide that sweeps across the coastline near where a hurricane makes landfall.

**LIGHTNING** is the discharge of electricity

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within a storm cloud, which always accompanies a thunderstorm. In a thunderstorm, violent lightning can strike the ground several miles away from its thunder cloud. Lightning kills more people per year than tornadoes and hurricanes combined. Florida is the lightning capitol of the world with more strikes per unit of area per year.

**\* PHASE I LIGHTNING WATCH:** When conditions are favorable for lightning within 5 nm of the PAFB airfield within thirty minutes. This Phase I LIGHTNING Watch is designed to give base customers 30 minutes of advanced lead-time to cease lightning sensitive activities/operations, and take shelter before lightning threatens the base. Its the individual unit's responsibility to determine proper actions to take prior to and during lightning events.

**\* PHASE II LIGHTNING WARNING:** As soon as lightning is occurring or imminent. At this point, we are advising you that dangerous lightning conditions are occurring or imminent within 5 nm of PAFB or Melbourne airport. The Phase II Lightning Warning will be canceled when we had no lightning occurrence within 5 nm of the airfield during the last 30 minutes, and we foresee no further lightning threat within 5 nm.



### **DROWN-PROOF YOUR FAMILY**

#### ***POOL, DIVING, AND SWIMMING***

As the weather becomes warmer, reports of accidental drowning become all too common. Drowning victims encompass all age groups- the toddler who fell into the family pool, the teenager who dove into a lake and struck and unseen rock, the adult who pulled out to sea by a vicious undertow. Perhaps the saddest fact about each of these cases, is that the drowning accident could have been prevented. Learn these basic rules for drown-proofing your family, before an accident becomes as tragedy.

**POOL SAFETY** If you own a backyard pool, or live in an area where pools are common, enroll your children in swimming classes immediately. (Infants as young as a few months old can learn to swim their way to safety.) Invest in an approved safety cover and keep the pool covered when ever it is not in use. Fence in your pool to prevent curious

youngsters from entering the pool area without permission. Never, ever, allow toddlers or young children access to the pool without adult supervision. (Even if the pool has been drained, a young child can fall into the structure and injure himself seriously.)

**DIVING SAFETY** Many accidental drowning result from diving injuries. Diving into shallow water, or striking and unseen obstacle can lead to unconsciousness, spinal cord injury, and all too often, death. Always test water depth before diving, and if you are sure your path is clear, keep your arms extended above your head when diving--your hands (not your head) will hit an unseen obstacle first.

**SWIMMING SAFETY** Whenever you swim (in a pool, lake, or ocean), always have a partner nearby. Observe signs-- "No lifeguards on duty," "Dangerous undertow," etc. Never swim when you are tired, under the influence of alcohol and drugs.



### **ROLLERBLADING CAN BE FUN, BUT DANGEROUS TOO!**

It is important to follow the skating safety code and remember that protective equipment should be worn at all times.

Remember to follow these guidelines to help ensure you have fun safely and protect your health or the health of someone dear to you. Read the following manufacturer's guidance list that should accompany each set of blades:

1. Wear safety equipment-kneepads, elbowpads, and helmet-at all times when skating.
2. Ride only where legal and safe. Avoid steep inclines. Never skate at night.
3. Be sure skating surface is smooth, clean, dry, and free of debris.
4. Avoid busy streets. Always be on the lookout for other skaters and people walking. Always skate under control.
5. Precaution: Keep your skates in good condition:  
-Check all wheels and brake bolts each time before you skate.

-If your wheels wobble, stop skating immediately and check for loose axles or broken or worn bearings.  
-After frequent use, inspect brake pads for wear.  
-IAW AFI 91-204/45SWI the use of helmets and wristguards is mandatory.

**BY FOLLOWING THESE GUIDELINES, YOU CAN SKATE SAFELY, AVOID INJURY, AND HAVE MORE TIME TO ENJOY ROLLERBLADING AND HAVE FUN.**



### **SURFING & RIP CURRENTS**

Surfing more than just a sport, a way of life, but with that life comes inherited dangers. For example; sharks, jellyfish, barracudas, rocks, undertows, rip currents and other surfer's. But when it comes to rip currents surfers have one advantage over swimmers their boards, which helps them keep a float and are able to paddle parallel to shore and get out of the rip currents.

According to the National Weather Service Office in Melbourne, four to five people drown every year along Central Florida's east coast because of rip currents. Statewide, an average of 23 people a year die in rip currents.

A rip current is different from a crosscurrent, which is what pulls swimmers under the water. A rip current forms when the undertow, the seaward flow of receding waves, passes through a broken sandbar, forming a channel of fast moving water. A crosscurrent results from wind blowing the water perpendicular to the main current. If caught in a rip current "DO NOT PANIC"

***Swim even with the shore until current weakens and begin to make your way to shore.***



## FRY NOW PAY LATER

### BY FAR THE MOST COMMON CAUSE OF SKIN CANCER IS OVEREXPOSURE TO THE SUN.

Over 60,000 new cases of skin cancer are reported each year, making it the most common form of human cancer. Fortunately, skin cancer is one of the most curable forms of cancer when it's discovered early. Better still, most skin cancer can be prevented.

#### HOW CAN YOU PREVENT SKIN CANCER?

Even though overexposure to the sun is the leading cause, it isn't necessary to give up the outdoors to reduce your chances of developing skin cancer. Just use good sense and simple measures whenever you work or play in the sun—repeated sunburns are particularly risky.

**COVER-UP** with a wide-brimmed hat, and a bandanna for your neck; wear long sleeved shirts and pants the sun can't penetrate.

**USE SUNSCREENS** to help prevent skin cancer as well as premature aging of your skin. You'll want a Sun Protective Factor (SPF) rating of 15 or higher. Women can get a little added protection by using tinted opaque cosmetic foundation along with a sunscreen. Apply sunscreen at least an hour before going into the sun and again after swimming or perspiring a lot. Don't use indoors sunlamps, tanning parlors, or tanning pills.

**KNOW THE WAYS OF THE RAYS** for your best protection. You can get burned on a cloudy day. And the rays can reach down into three feet of water. Try to stay out of direct sun at midday, as the sun's rays are strongest between 10 a.m. and 3 p.m. And beware of high altitudes—there's less atmosphere to filter out the ultraviolet rays. Skiers should remember that snow reflects the sun's rays, too.

#### COURTESY OF AMERICAN CANCER SOCIETY

#### ENJOY YOUR VACATION.....

#### .....By Playing it Safe

## PARADISE

You've earned your vacation, and you should enjoy it. Even though you'll be taking some time off from work, remember not to take "time off" from safety. Playing it safe while you're on vacation can help you and your family avoid accidents and injury while getting the rest and recreation you deserve. Playing it safe means preparing for your activities ahead of time, securing your home if you'll be away, and using common safety sense.

#### Prepare For Activity

Think ahead to where you'll be going and what you'll be doing. If you're planning a vacation in a warm climate, be sure to pack sunscreen, loose fitting, lightweight clothing, sun hats, sunglasses, and a cooler or jug for carrying cool liquids. Build up your sun exposure gradually—15 minutes the first day, 20 minutes the second day, 25 minutes the third day, and so on. If you will be boating, swimming, water skiing, or enjoying other water sports, make sure that all family members can swim before allowing them to participate in those activities. Take lessons in each activity from a qualified professional who can teach you the rules of the sport as well as specific safety tips.

#### Secure Your Home

Before leaving on vacation, make sure that your home is secured. The checklist can help you prepare for your departure.

- \* Are all electrical appliances (except your refrigerator) unplugged??
- \* Are gas pilots and water faucets turned off?
- \* Are windows and doors securely locked?
- \* Have you arranged for someone to pick up your mail?
- \* Did you cancel your newspaper subscription?
- \* Have you notified friends, relatives, and/or neighbors where you'll be and how you can be reached?
- \* Have you set a timer to turn on and off, or asked someone to do it for you?
- \* Have you notified your local police station when you'll be leaving and when you'll be back?

#### Safety Sense

In addition to these tips, your most important tool for having a safe vacation is your own common safety sense. When staying in unfamiliar surroundings, always check for fire exits, alarms, and escape routes. Wherever you go, be sure to bring along your family's medical information—insurance ID cards, immunization records, history of diseases, and prescription medications in

the event one of you should become ill. Never leave small children unattended. Bring along a first aid kit and familiarize yourself with the contents. When you use your safety sense, you'll be able to relax and enjoy your vacation. You'll come back refreshed and ready..... for the next year.

## BEAT THE HEAT

When the human body is not able to tolerate the increased temperature due to heat, the body responds in various ways. When the body tries to cool itself down, after awhile, salt and water has been lost in excess as well as the circulatory system being overworked. This can lead to the following effects:

**HEAT CRAMPS- Symptoms:** Painful cramps as voluntary muscles (extremities, abdomen) that are caused by the excessive loss of salt through sweating. They can be prevented by drinking water or electrolytes (at least 1 quart per hour for moderate activity). Do not drink caffeinated or alcoholic beverages.

**HEAT EXHAUSTION- Symptoms:** Heat exhaustion is due to dehydration and loss of salt. Individuals experience cold, clammy skin, fatigue, headache, dizziness, and fainting might occur due to a shaded cool area. Elevate legs elevated to get more blood to the brain. Drink large amounts of water or electrolytes (like Gatorade).

**HEAT STROKE- Symptoms:** The brain, due to excessive heat load, cannot regulate body temperature any longer; the skin feels hot to touch. Without sweating, temperatures rises very quick and the victim loses consciousness with brain damage resulting very quickly.

**Treatment:** The person must be cooled immediately by means, and rushed to nearest medical facility. Call 911!

**PREVENTION:** The best way to prevent heat stress is to stay out of the heat!! If you have to be outdoors and are doing any sort of activity (light to heavy) then do the following:

- 1) Limit alcohol use
- 2) Increase water intake or drink Gatorade. For light activity drink 1/2-1 quart per hour. For moderate-1-1/2 quart per hour. for heavy activity- drink more than two quarts per hour.
- 3) Take many breaks, As a rule of thumb, take at least a fifteen minute break out the sun every hour.
- 4) Try to do strenuous activities during the early morning or late afternoon hours (i.e. after 6 p.m.).

#### EDITOR & PUBLISHER

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